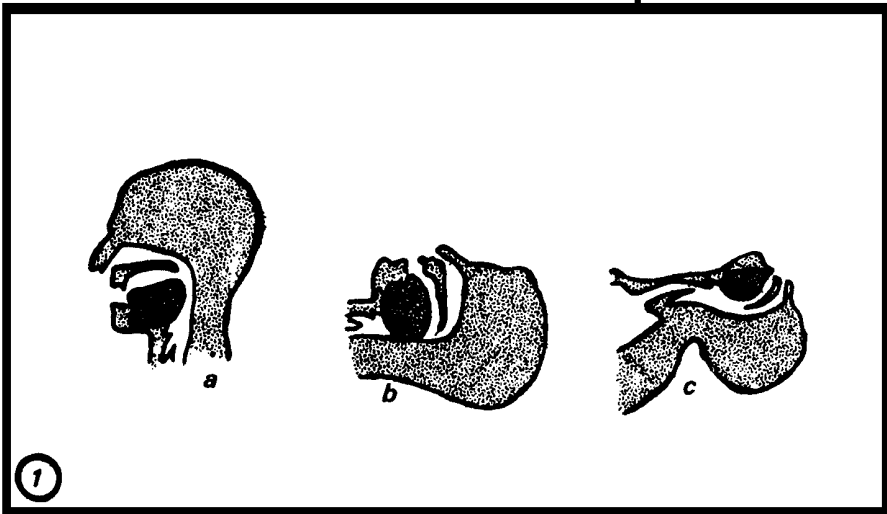


PRO-PLAN CHART NO. 36.

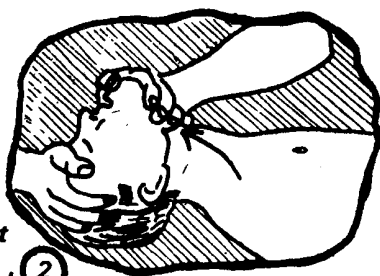
FIRST AID No.3

MOUTH TO MOUTH RESPIRATION

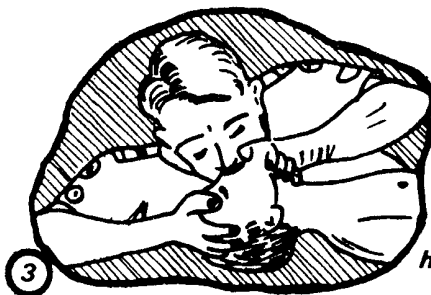


1 In fig.(a) we see the air passage open as in an upright and conscious person. (b) shows the tongue blocking the airway. (c) tilting the head back opens the airway.

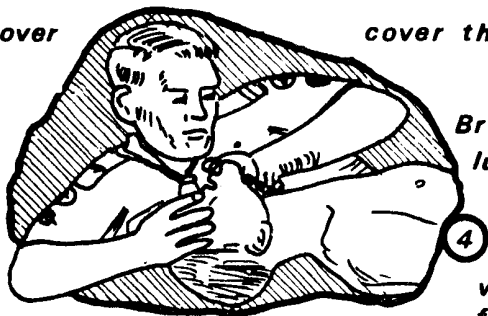
2 Grip the head of your patient as shown here



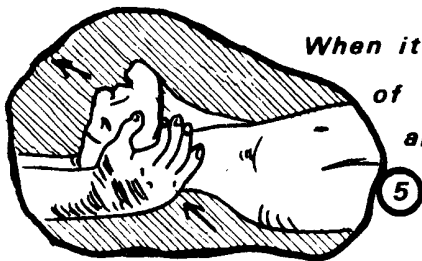
If the patient is a small child you must place your mouth over the child's mouth and nose fig.3.



For adults it will be necessary to hold the patient's nose and cover their mouth with yours



Breathe into the patient's lungs watching for the chest to rise. About 10 breaths a minute will be a good rate. fig.4



When it is merely a case of maintaining an open airway, the head is held as in fig.5

When the patient's heart appears to have stopped, you will have to try external cardiac (heart) massage.

This is done by pressing sharply on the breast bone, get an expert to demonstrate the proper technique. It is best done by two people. fig.6.

